



Australian Government  
Australian Sports Commission

# Active After-school Communities

Helping kids and communities get active



## Active After- school Communities program and Tennis Australia



**MAY 2011**

## INTRODUCTION

The Active After-school Communities (AASC) program has now been running for over six years. During that time the program has liaised with state and national sporting organisations to help local clubs increase their membership base by exposing primary school aged children to their sport.

Two years ago the Australian Sports Commission (ASC) started to prepare specific National Sporting Organisation (NSO) Reports to detail each sport's involvement in the AASC program. These reports combine a statistical analysis as well as a qualitative review of the information, some examples of best practice case studies and any media articles that may have been generated.

The intent of these reports is for NSOs to utilise the information at a national, state and regional level to help develop their sport. I would also encourage NSOs to use the report as a basis for the sport development officers and the AASC's Regional Coordinators to collaborate and plan deliberate strategies for upcoming terms to promote the transition of children, families and new coaches from the AASC program into respective feeder clubs.

Some transition strategies that have proved successful for many sports are as follows:

- Coordinating a 'Come 'n Try Gala Day' at the end of a term.
- Delivering a clinic at selected sites to promote membership to a designated feeder club or participation in a modified junior sport program.
- Coordinating a cluster of schools/Outside School Hours Care Services (OSHCS) to attend the local club and organise a registration or promotional day.
- Coordinating registration days at participating sites.
- Providing promotional material to sites for coaches to distribute to participating children and their families.

Where sports identify specific development objectives within a particular region/state, the AASC program, through its locally based network of regional coordinators, can provide the opportunity to discuss how the program could assist in meeting these outcomes. Some methods to do this include:

- Actively encouraging schools/OSHCS to deliver that sport in a term that precedes the commencement of the sport season, and therefore feed into registration events
- Actively encouraging participation by schools/OSHCS within identified priority areas for growth or expansion of the sport

## EXECUTIVE SUMMARY

This 2011 Report is again a combination of quantitative and qualitative information related to specific sports. The report looks at where Tennis has achieved the greatest success in terms of participation rates and/or growth of AASC program participation.

The following information is included in this report:

- A statistical snapshot of Tennis in the AASC program nation-wide, and also by state and region.
- Examples of any targeted partnerships that were developed during 2010.
- A list of organisations and private providers that delivered Tennis programs in 2010.
- Any media articles that were generated in relation to the AASC program and Tennis .

## NATIONAL SNAPSHOT — TENNIS IN THE AASC PROGRAM

### Delivery of Tennis programs

Each semester, schools and OSHCS identify the sports and activities they would like delivered to the children participating within the AASC program. Activities are generally selected in consultation with the children and or the teachers involved to identify what would be the most suitable program to engage traditionally inactive children.

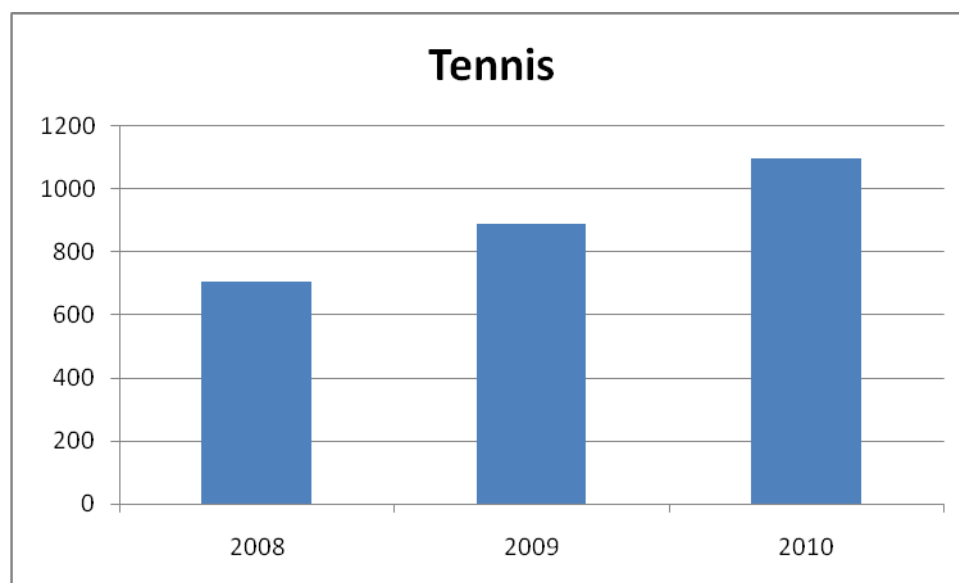


Figure 1: Number of Tennis programs conducted during 2008–2010

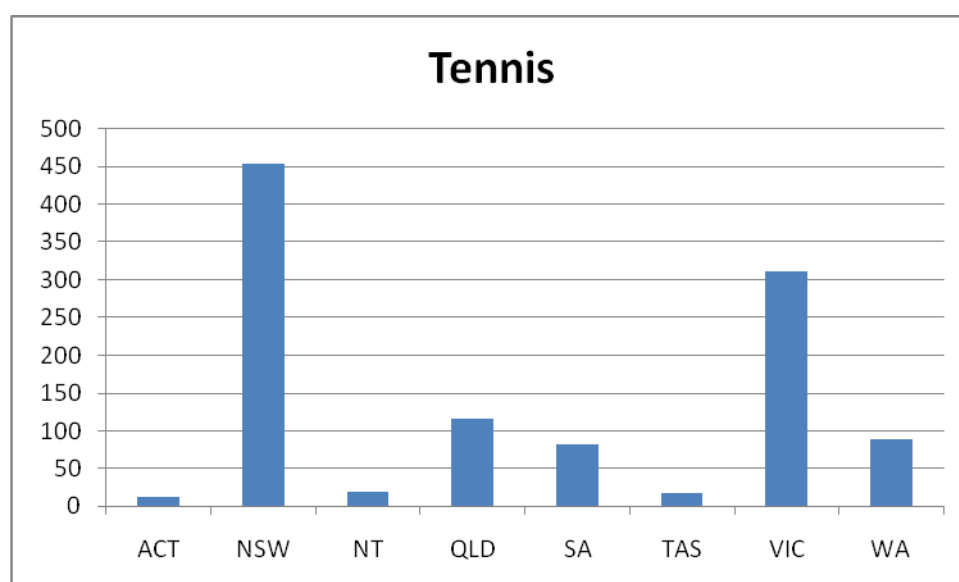


Figure 2: Number of Tennis programs conducted in each state or territory in 2010

## NATIONAL SNAPSHOT (continued) — TENNIS IN THE AASC PROGRAM

Programs are delivered at AASC sites by community coaches who are registered with the ASC. These may be teachers, OSHCS staff, secondary or tertiary students, local club, personnel, private providers or family members.

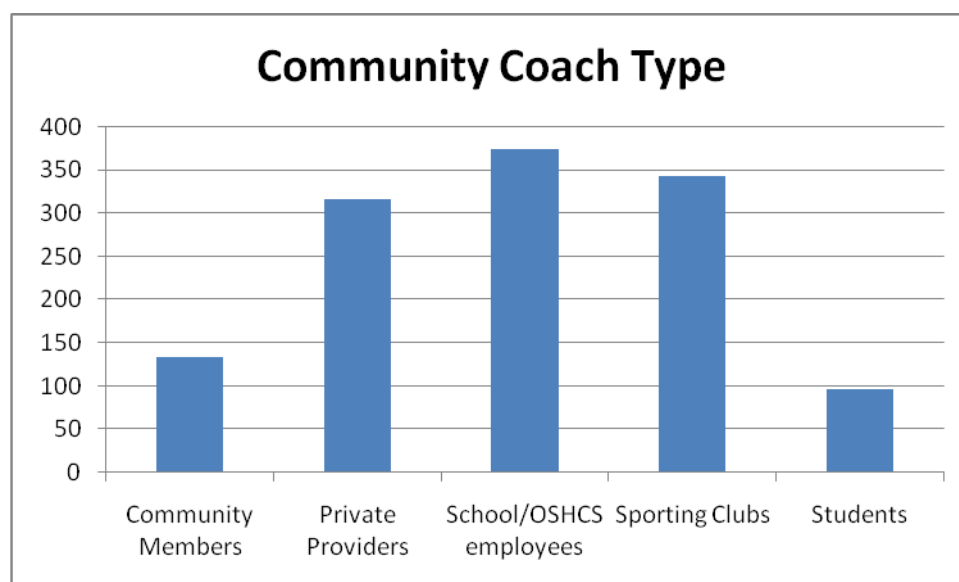


Figure 3: Breakdown of types of Community Coaches delivering Tennis in 2010

### Internal delivery options

In 2010, 30% of community coaches were from schools or OSHCS.

### Delivery by sporting representatives

In 2010, representatives of affiliated clubs or associations delivered 27% of all programs. Appendix A on page 7 shows a list of the organisations that delivered in 2010.

### Delivery by private providers

Where affiliated clubs or associations are unable to assist with meeting the demand for delivery, the Regional Coordinator sources private organisations to help extend the reach of the sport. In 2010, private providers were the third most common group of community coaches delivering Tennis sessions in the AASC program. Examples of private providers that delivered Tennis within the program in 2010 are provided in Appendix B on page 9.

Schools, OSHCS coordinators and staff regularly vary the types of sports that are offered to AASC participants.

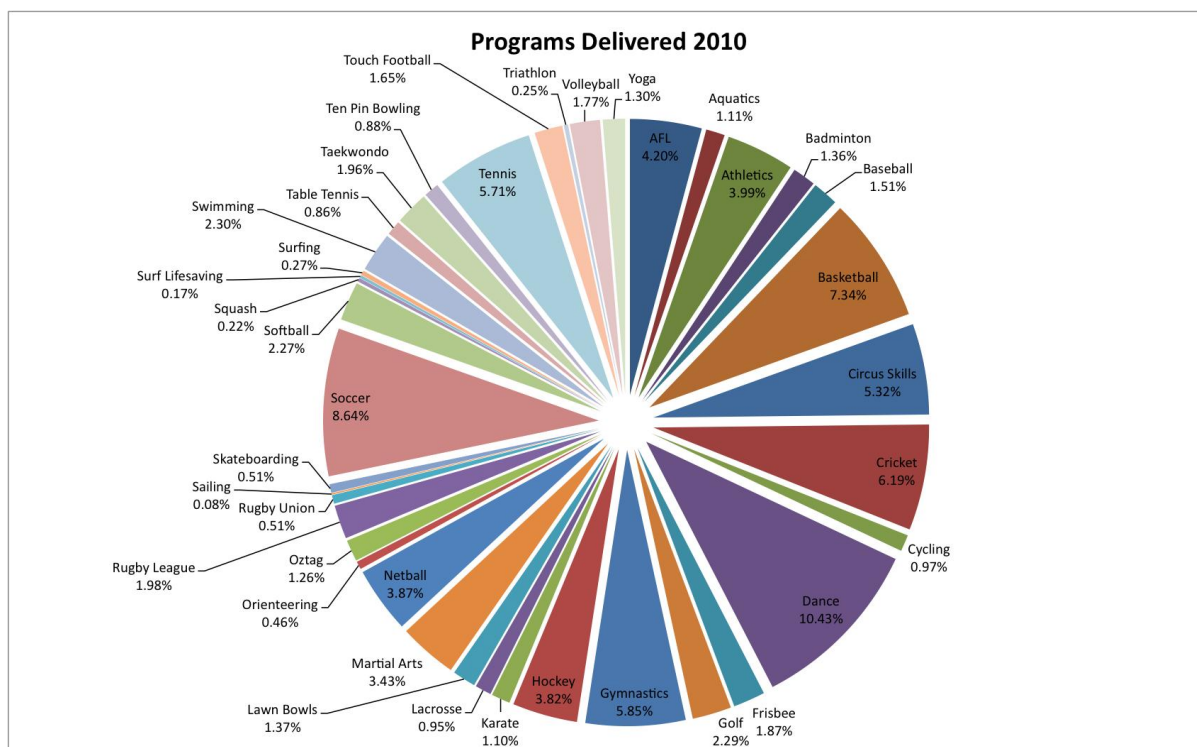


Figure 4 Number of programs by sport in 2010

Figure 4 indicates the sports for which the AASC is providing NSO reports, as well as those sports where the number of programs delivered in 2010 exceeded 200.

## AASC TENNIS PARTNERSHIPS

### Partnership between AASC and Port Lincoln Tennis Association, South Australia

The Port Lincoln Tennis Association currently has 120 junior members playing in competitions. Community Coach Training Program trained coach, Paul Polkinghorne, coaches 50 junior players in a structured tennis skills-based program. All participants are given contact details of the 'next step' that they are able to take to learn tennis skills and to join Port Lincoln Tennis Association as a playing member.

AASC has helped with maintaining/building the strength of the Port Lincoln Tennis Association as the program targets children at the grassroots level who have never played, or have played very little tennis. The coach supplies the equipment needed so that they are using equipment that is suitable for their age and size (for example modified racquets and low compression balls). Children are provided with the opportunity to try the sport at no cost to the parents or children so they can establish if it is a sport that they would like to continue playing. Families are also familiarised with the concept of the sport that can sometimes be daunting for children and parents who have never been exposed to it.

The AASC program not only gets children active but also helps promote the sport of Tennis as a fun activity to be involved in. The Port Lincoln Tennis Association has received tremendous positive feedback from their involvement with the AASC program coupled with children signing up as members and coaches registering to be involved in the AASC Community Coach Training Program.

### **Partnership between AASC, West Lakes Tennis Club and Semaphore Lawn Tennis Club, South Australia**

The Semaphore Lawn Tennis Club is involved in the delivery of AASC sessions at primary schools with three Community Coach Training Program (CCTP) trained coaches. The pathway that the club promotes is the local junior tennis club at West Lakes because the Semaphore Lawn Tennis Club is primarily for adults.

The club coaches who have been trained in CCTP are available to deliver at AASC sites each term. These coaches are primarily interested in delivering programs to schools/OSHCS that are located within a close distance to both the Semaphore Lawn Tennis Club and West Lakes Tennis Club. This provides more opportunity for children and families to easily access the club if they live close by. Exposing the clubs to families also allows for adults who are interested in tennis to gain information about getting involved.

Two children from local school involvement have now taken the step in contacting the West Lakes Tennis Club for further involvement in their junior tennis program.

### **Partnership between the AASC and Lawley Park Tennis Club, Western Australia**

The Lawley Park Tennis Club was approached to participate in the AASC Term 3 'Join a Club' campaign. Prior to the campaign, Tennis Australia and AASC Tennis Hotshots was being delivered to five schools in the local area of Lawley Park. The Lawley Park Tennis Club was invited as a guest presenter at one of the AASC sessions.

A large number of children from five schools participated in a hot-shots tennis afternoon. Parents were encouraged to not only attend but also to participate in the activities. All participants received a show bag that included a flyer promoting the Tennis club. The tennis club already caters for younger children so they were in perfect position to be able to target the children involved in the Term 3 campaign. As a result of the campaign 15 children joined the Lawley Park Junior coaching program.

## APPENDIX A — DELIVERING TENNIS ORGANISATIONS IN 2010

Coaches Organisation	Region
Tennis ACT	ACT - ACT 1
Tennis ACT	ACT - ACT 2
Matchpoint Tennis Academy	NSW - Central Coast 2
Croydon Tennis Centre	NSW - Central West Sydney
Cheryl Tennis Club - Norfolk Island	NSW - Hawkesbury
Croydon Tennis Centre	NSW - Inner West Sydney
Cagney Tennis Academy	NSW - Lake Macquarie
North West Tennis Academy	NSW - New England/Upper Hunter
Cabarita Beach Table Tennis Club	NSW - North Coast 1
Playtennis	NSW - North Coast 1
Theresa Stapp Tennis School	NSW - Northern Beaches
Eastwood Thornleigh District Tennis Association	NSW - Northern Districts
Forster Tennis Club	NSW - Port Stephens/Great Lakes
Gloucester District Tennis Association	NSW - Port Stephens/Great Lakes
Tumut Lawn Tennis Club - Junior	NSW - Riverina 2
Deniliquin Sports Park Incorporated	NSW - Riverina 4
Tourist Road Oval Tennis Club	NSW - Shellharbour
Milton/Ulladulla District Tennis Association Ltd	NSW - Shoalhaven
Batemans Bay Tennis Club	NSW - South Coast
Eden Tennis Club Inc	NSW - South Coast
Australian Oztag Sports Association	NSW - Sutherland Shire/Georges River
Louth Public School P & C	NSW - Western 4
The Disability Trust	NSW - Wollongong
Sunnybank Tennis Centre	QLD - Brisbane South
Bundaberg and District Junior Tennis Association I	QLD - Bundaberg
Noosa Springs Tennis	QLD - Central QLD Regional Manager
Baralaba Tennis Club	QLD - Central West
Emerald & District Lawn Tennis Association Inc	QLD - Central West
Cambridge Tennis Centre	QLD - Logan / Beaudesert
Tennis Townsville Inc	QLD - North QLD Regional Manager
Noosa Springs Tennis	QLD - Sunshine Coast North
Mooloolaba Tennis Club	QLD - Sunshine Coast South
Tennis Australia	QLD - Sunshine Coast South
Smart Tennis	QLD - Toowoomba & Darling Downs (East)
Croydon Shire Council	QLD - Townsville and Gulf
Gawler & District Tennis Association Inc	SA - Barossa
Tanunda Tennis Club	SA - Barossa
Port Lincoln Tennis Association	SA - Eyre Peninsula
East Torrens Kensington Gardens Tennis Club	SA - Metro East 2 (RM)
East Torrens Kensington Gardens Tennis Club	SA - Metro Inner North
Semaphore Lawn Tennis Club	SA - Metro North 1

Coaches Organisation	Region
Colonel Light West Tennis Club	SA - Metro South
Wallaroo Tennis Club	SA - Mid North & Yorke
Strathalbyn Tennis Club Inc	SA - Murrayland/Adelaide Hills
Upper Sturt Tennis Club	SA - Murrayland/Adelaide Hills
Broadview Tennis Club	SA - North Central
Tea Tree Gully Tennis Club	SA - North Central
Whyalla Racketeers Social Tennis Club Incc	SA - Spencer Gulf & Far North
YMCA - Portland	VIC - Barwon 1 - Hamilton
Mortlake Tennis Club	VIC - Barwon 2 - Warrnambool
Newcomb Tennis Club Inc	VIC - Barwon 3 - Geelong
Camp Wilkin	VIC - Barwon 5 - Colac
Colac Lawn Tennis Club	VIC - Barwon 5 - Colac
St Albans Tennis Club	VIC - Barwon 5 - Colac
Bairnsdale Tennis Club	VIC - Gippsland 4 - Bairnsdale
Latrobe University	VIC - Goulburn 1 - Shepparton
Numurkah Secondary College	VIC - Goulburn 1 - Shepparton
Baulkamaugh Tennis Club Inc	VIC - Goulburn 2 - Shepparton
Shepparton Lawn Tennis Club	VIC - Goulburn 2 - Shepparton
Chiltern Tennis Club	VIC - Goulburn 5 - Wodonga
Renmark High School	VIC - Loddon 1 - Mildura
Spring Gully Tennis Club	VIC - Loddon 3 - Bendigo
Toptenn Tennis Academy	VIC - Metro Eastern 2
Envisage Tennis	VIC - Metro Eastern 3
Croydon Tennis Club Inc.	VIC - Metro Eastern 4
Melton District Tennis Association	VIC - Metro Northern 1
Chris Chandler Tennis Coaching	VIC - Metro Southern 1 (RM)
Cardinia Tennis Club	VIC - Metro Southern 2
Pearcedale Tennis Club	VIC - Metro Southern 2
Boneo Tennis Club	VIC - Metro Southern 3
Crib Point Tennis Club	VIC - Metro Southern 3
Dromana Tennis Club (Red Tennis)	VIC - Metro Southern 3
Hastings Tennis Club	VIC - Metro Southern 3
Mornington Peninsula Shire Council	VIC - Metro Southern 3
Somers Tennis Club	VIC - Metro Southern 3
Tyabb Tennis Club	VIC - Metro Southern 3
Caulfield YMCA	VIC - Metro Southern 5
Harkaway Tennis Club	VIC - Metro Southern 5
Parkdale Tennis Club	VIC - Metro Southern 5
Tennis Excellence - Blue Gum Park Tennis Club	WA - Fremantle North
Challenger TAFE	WA - Fremantle Peel
Lower Great Southern (Zone 7) Tennis Association	WA - Great Southern
Manjimup Senior High School	WA - Great Southern
Merrifield Park Tennis Club	WA - Great Southern



Coaches Organisation	Region
Tambellup Tennis Club	WA - Great Southern
Manjimup Senior High School	WA - South West
Ocean Ridge Tennis Club	WA - West Coast North
Wembley Downs Tennis Club	WA - West Coast South

## APPENDIX B — DELIVERING TENNIS PRIVATE PROVIDERS IN 2010

Coaches Organisation	Region
Phil Briggs Tennis Academy	ACT - ACT 2
Kids Sports	NSW - Bankstown
Kids Sports NSW Pty Ltd	NSW - Bankstown
In Motion Health and Fitness	NSW - Camden/Picton
Bateau Bay Tennis Academy	NSW - Central Coast 2
Good Sport	NSW - Central Sydney
Next Generation Sports	NSW - Central Sydney
Platypus Sports	NSW - Central Sydney
Sports Kickstart	NSW - Central Sydney
Got Game	NSW - Central West Sydney
Got Game	NSW - Eastern Suburbs
Modern Tennis Australia	NSW - Eastern Suburbs
Next Generation Sports	NSW - Eastern Suburbs
Sports Kickstart	NSW - Hills district
Got Game	NSW - Inner West Sydney
Kids Sports NSW Pty Ltd	NSW - Inner West Sydney
Next Generation Sports	NSW - Inner West Sydney
Steve Warby Tennis Academy	NSW - Lake Macquarie
Hunter Tennis Resort	NSW - Maitland
Maitland Tennis Centre	NSW - Maitland
JK Professional Tennis Coaching	NSW - Mid North Coast 1
The Harbour Tennis Academy	NSW - Mid North Coast 2
Steve Warby Tennis Academy	NSW - Newcastle
Amanda Mead Tennis	NSW - North Coast 2
Casino Tennis Academy	NSW - North Coast 2
Fit Kids Australia (NSW)	NSW - North West Sydney
Sports Kickstart	NSW - North West Sydney
Breaking Boundaries	NSW - Northern Beaches
Fit Kids Australia (NSW)	NSW - Parramatta/Fairfield
Danny Biancardi School of Tennis	NSW - Port Stephens/Great Lakes
Greg Brownlow Future Star Tennis Academy	NSW - Port Stephens/Great Lakes
B Active	NSW - Queanbeyan/Monaro
Cooma Champs Tennis	NSW - Queanbeyan/Monaro
Advantage U	NSW - Shellharbour
Good Sport	NSW - St George district

Coaches Organisation	Region
Got Game	NSW - Sutherland Shire/Georges River
Eglinton Tennis Academy	NSW - Western 2
HG Fitness	NT - Darwin
Cool Sports	QLD - Brisbane Inner West
Lifetime Redcliffe-Caboolture	QLD - Brisbane North East
Kelly Sports Greater Sunnybank	QLD - Brisbane South
Kelly Sports Ivanhoe	QLD - Brisbane South
Kelly Sports - Wynnum	QLD - Brisbane South East
Whites Tennis Centre	QLD - Brisbane South East
In Motion Health and Fitness	QLD - Gold Coast South
D.A.E Sports Training	QLD - Mackay
Momentum Tennis	QLD - North West QLD
Leanne Sippel Tennis Coaching	QLD - South Burnett
Kelly Sports Caboolture - Caloundra	QLD - Sunshine Coast South
Kelly Sports Sunshine Coast North	QLD - Sunshine Coast South
Amanda Kelly Tennis Coaching	QLD - Toowoomba & Darling Downs (East)
Fitness For Kids	SA - Metro Inner North
Steve James Tennis	SA - Metro Inner North
Just N2 Tennis	SA - Metro North 1
Better Bodz for Life	SA - Mid North & Yorke
Fitness For Kids	SA - North Central
Next Generation Sports	VIC - Barwon 2 - Warrnambool
Bellarine Peninsula School of Tennis	VIC - Barwon 3 - Geelong
Kelly Sports - Geelong	VIC - Barwon 3 - Geelong
Next Generation Sports	VIC - Barwon 3 - Geelong
Who's for Tennis	VIC - Barwon 3 - Geelong
Getting Active (Miles Investors Pty Ltd Trading As	VIC - Barwon 5 - Colac
B&M Ace Tennis	VIC - Central 1 - Horsham
Andrew Peavey tennis Coaching	VIC - Gippsland 1 - Morwell
Glen Kirstine Sports	VIC - Gippsland 1 - Morwell
Glen Kirstine Sports	VIC - Gippsland 2 - Moe
Mark Stevens Tennis Coaching	VIC - Gippsland 2 - Moe
Mix-It-Up Fitness	VIC - Gippsland 2 - Moe
Premier Sports	VIC - Goulburn 2 - Shepparton
Fitnessworx	VIC - Metro Eastern 1 (RM)
Active Kids Sports Coaching	VIC - Metro Eastern 2
Kelly Tennis	VIC - Metro Eastern 2
Next Generation Sports	VIC - Metro Eastern 2
The Tennis Guru P/L	VIC - Metro Eastern 2
Active Kids Sports Coaching	VIC - Metro Eastern 3
Glen Kirstine Sports	VIC - Metro Eastern 3
Kelly Tennis	VIC - Metro Eastern 3
Proactivity	VIC - Metro Eastern 3

Coaches Organisation	Region
Sports Extra	VIC - Metro Eastern 3
Next Generation Sports	VIC - Metro Eastern 4
Wimbles	VIC - Metro Eastern 4
Active Kids Sports Coaching	VIC - Metro Eastern 6
Excel Tennis (Le Page Tennis Club)	VIC - Metro Eastern 6
Sports Extra	VIC - Metro Eastern 6
The Tennis Institute	VIC - Metro Eastern 6
Complete Tennis Services	VIC - Metro Northern 1
Kelly Sports Essendon	VIC - Metro Northern 1
Next Generation Sports	VIC - Metro Northern 1
David Wildsmith Tennis Coaching	VIC - Metro Northern 2
Peake Tennis Services	VIC - Metro Northern 2
Tennis Information Services	VIC - Metro Northern 2
Kelly Sports Berwick	VIC - Metro Northern 5
BM Sports Clinic	VIC - Metro Northern 6
Court Craft	VIC - Metro Southern 2
Ace The Field	VIC - Metro Southern 3
Mark Plumridge Tennis	VIC - Metro Southern 3
Playsports Australia	VIC - Metro Southern 4
Skilled Tennis Academy	VIC - Metro Southern 4
Colin Price Tennis Coaching P/L	VIC - Metro Southern 5
Excel Tennis (Le Page Tennis Club)	VIC - Metro Southern 5
BM Sports Clinic	VIC - Metro Western 1
Kelly Sports Essendon	VIC - Metro Western 2
BM Sports Clinic	VIC - Metro Western 3
Kelly Sports Wyndham	VIC - Metro Western 3
Next Generation Sports	VIC - Metro Western 3
Lisa Brannan	WA - Canning East
Play 4 Life	WA - Canning East
Pro Tennis Coaching School	WA - West Coast South



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Page 1 of 2

# Smashing good time had by participants

TENNIS is proving a smashing success at local schools that are participating in the Australian Sports Commission's Active After-school Communities program.

Tamworth Tennis Club coach Ricky Hannaford has run tennis sports sessions at the schools participating in the Australian Government-funded initiative, AASC, which provides free access to physical activity programs for children who do not get enough access to structured physical activity.

AASC regional co-ordinator Justin Hathway said the schools involved

include Moonbi, Nemingha, Attunga, Oxley Vale and Westdale Public schools, Calrossy Anglican Primary School and East Tamworth Year Round Care.

Mr Hathway said an aim of the AASC program was to encourage children to move on from AASC sports sessions and join sporting clubs.

Coach Ricky Hannaford said that by giving the children a taste of tennis, they were given the opportunity to take the sport further and join the club or attend holiday camps.

"At the conclusion of the

seven-week AASC sessions, children are given flyers with information on all club activities open to them," Mr Hannaford said.

"One of the best things about the AASC program is that children get the chance to try our sport in a fun and non-competitive environment. They then decide whether they would like to pursue tennis or another sport they have tried in the program.

"Judging by the number of schools again wishing to run AASC tennis sessions this year, it would certainly appear that the children are

deciding that they like the positive experience provided by Ricky."

Moonbi Public School principal Terry Browne said the school decided to continue with tennis this year, as he saw it as a great opportunity to increase the skill and confidence levels of the children, enabling them to enter into school sporting opportunities, such as the small schools' tennis competitions.

Nationally, up to 150,000 primary-school-aged children participate in the AASC program.



**TENNIS A HIT FOR MOONBI STUDENTS:** Back, from left, Emma Jones, Tamworth Tennis Club community coach Ricky Hannaford Jedd Jones and Ricky McDonald, front, from left, Ben Webster, Thomas Kelly, Jack Foster, Holly Goodfellow, Brendan Kelly and Holly Robinson.





**Milton Ulladulla Times**

**17-Mar-2010**

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**General News**

**By: : Stuart Carless**

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# Tennis a real hit

**STORY and PHOTO: Stuart Carless**

THE number of young people taking up tennis in the Milton-Ulladulla area is on the increase - and its thanks in no small way to retired professional Doug Parker.

Mr Parker has been coaching kids through the Active After-School Communities (AASC) program in Ulladulla since late 2006.

During the same time there has been a marked increase in the number of young people joining the Milton-Ulladulla District Tennis Association.

Mr Parker undertook the free training provided by the AASC program and now coaches children attending the Bay and Basin Out-of-school hours care, as well as the service in Ulladulla.

He says it is a great way to promote the sport and to help get the kids active and healthy.

And the kids are all using new equip-

ment thanks to a Special Initiative Grant through the Australian Sports Commission.

The Milton-Ulladulla District Tennis Association obtained the grant for an MLC Hotshots equipment starter pack including racquets, low compression balls and mini-nets.

The equipment is being used as part of the AASC program but will also be used by the tennis association for its own activities.

Local AASC coordinator Glen Hayward last week described Mr Parker as a real asset to the community and encouraged other local residents to follow his lead.

He said he was always happy to hear from people interested in coaching, with more than 300 people having trained as community coaches in this region alone

since 2005.

The AASC is a free Australian Government initiative that is delivered nationally and promotes the transition of primary school children into community sport.

"I have seen so many good things happen since the AASC program was introduced," Mr Hayward told the Times.

"The region's children have been able to experience loads of sport for free, in a safe and inclusive environment.

"It is a significant first step to a life-long involvement in sport and living healthy," he said.

• More information about the AASC program is available over the internet at [ausport.gov.au/aasc](http://ausport.gov.au/aasc) or from Glen Hayward on 0428 670 434.



**TEACHING TENNIS:** Retired tennis professional Doug Parker dedicates his time to teaching local kids the skills needed to become a top tennis player



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## Association recognised for efforts to attract kids

**STORY: Stuart Carless**

THE Milton Ulladulla District Tennis Association has been recognised for its efforts to engage with young people.

The association was last week presented with a \$500 equipment voucher after being announced as a state winner in the national Active After-school Communities (AASC) Clubs Competition.

The presentation was made by AASC regional coordinator Glen Hayward, with the tennis association's junior development officer, Vicki Sydenham, keen to get her hands on the voucher.

The tennis association has been working with the AASC program for an extended period of time in a bid to increase the number of young people

playing tennis in the Milton-Ulladulla region.

It currently provides its grassroots tennis program - Hot Shots - to 60 children each week through the AASC sports sessions.

Ms Sydenham said this had helped the association retain a very healthy number of junior tennis players at a time of the year they traditionally look to winter sports such as soccer, football and netball.

While the association lost some junior players this year, it has gained others.

Mrs Sydenham said the association had yet to decide how it would spend the money.

Options could include a new net or equipment designed to

help build children's motorskills.

The AASC program is a free Australian Government initiative that is delivered nationally by the Australian Sports Commission and promotes the transition of primary school children into community sport.

Around 150,000 children take part each term across Australia, gaining the opportunity to experience more than 70 different sports and up to 20 other structured physical activities.

For more information about the AASC program visit [ausport.gov.au/aasc](http://ausport.gov.au/aasc) or contact local AASC regional coordinator Glen Hayward on 0428 670 434.



**RIGHT:** AASC regional coordinator Glen Hayward presents the \$500 equipment voucher to the Milton Ulladulla District Tennis Association's junior development officer, Vicki Sydenham.



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Sport

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## School kids encouraged to Play For Life

**By Tiffany Grange**

Australia sports commission

The Australian Sports Commission yesterday launched a campaign to get children away from television and video games and out onto sports fields.

Play For Life was launched at Evatt Primary School by television host and former Olympic swimmer Johanna Griggs.

It aims to encourage children to join sports clubs.

She said the benefits of playing club sport reached beyond staying fit and included developing social skills.

"People might understand the health benefits but they don't under-

stand things like learning how to win and lose gracefully," Griggs said.

About one million children in Australia between the ages of five and 14 aren't involved in organised sport and the program attempts to reverse the trend.

Eight-year-old Johnny Fragopolos, a major fan of dance, said he could see the benefits of playing sport.

"It's getting to know other people and you get strong and you don't get sick anymore," he said.

"The more you do it the more you don't feel sick."

Former Australian tennis rep-

resentative Todd Larkham was also at Evatt Primary to share his expertise on one of the world's oldest sports.

Larkham grew up playing tennis at Hawker tennis centre having had regular encouragement to stay active as a youngster.

Larkham said sport wasn't played enough in Australian schools.

"So many of these kids have never played tennis," Larkham said.

"You never know, they might just play 15 minutes of tennis and say this is really fun, I'm going to play tennis," Larkham said.



**GET INVOLVED:** Johnny Fragopolos, 8, Charlotte Sutherland, 8, and Todd Larkham





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## Program encourages more sport

ENCOURAGE children to pick up a tennis racquet as part of a new campaign to increase club sport participation this week.

The "Play for Life... joining a sporting club" is a joint initiative between State, Territory and Commonwealth agencies to encourage parents to consider club sports for their children.

Tennis is being offered during school time in Katherine as part of the initiative ending in a gala day/Hot Shots sign-up on Saturday between 9am and 12pm.

The popular Hot Shots program will be offered to all children along with a barbecue and refreshments.

Chief Executive Officer of the Australian Sports Commission Mr Matt Miller said an estimated one million children or 37 percent of children

aged between five and 14 do not participate in any organised sport.

"Sport is a highly effective vehicle to drive improved health and other community outcomes," he said.

"Through our partnerships with sport and State and Territory governments, we will deliver long-term benefits to families around Australia, and improve the health and wellbeing of primary school-aged children."

The campaign aims to raise awareness of how club sport not only contributes to the healthy growth and development of children but also helps them develop valuable life skills such as cooperation, discipline, respect and tolerance.

Campaign ambassador Johanna Griggs said club sport provided her with a grounding that gave her skills for life.

"My sporting journey has given me the skills that are important to me today — discipline, time management, being a team player, setting goals, motivation, respect and sportsmanship," she said. "These are the qualities we value in our peers, in our work colleagues and in our friends."

"Play for Life ..." also highlights the important role parents play as volunteers in sporting clubs around the country.

"Parents are the lifeblood of sporting clubs, and you'll find that what you put into your local sporting organisation you get back in spades," Ms Griggs said.

For further details, contact Australian Sports Commission Regional Coordinator Glen Hussey on 0437 700 360.



## Gala day kids get coaching

TAMWORTH school students had the chance to participate in a tennis gala day run by the Australian Sports Commission on Monday.

The children were coached by the North West Tennis Academy at the Tamworth Tennis Club.

The day was run as part of the commission's campaign, "Play for life ... join a sporting club", which encourages children to participate in sport.

The national campaign is a joint initiative between state, territory and commonwealth agencies and

aims to improve the health of school-aged children.

It also focuses on sport as a way of teaching valuable life skills such as co-operation, discipline and respect.

Students from Westdale Public School, Werris Creek Public School, Tamworth South Public School, Nowendoc Public School, Niangala Public School, Moonbi Public School and Bendemeer Public School were involved in the gala day.



**TAKING AIM:** Ashley McCleod, from Tamworth South Public School. 130910G0A07



**DEVELOPING SKILLS:** George Russell, from Tamworth South Public School. 130910G0A06



**TENNIS DAY:** Nikita Neville, from Tamworth South Public School.  
 130910G0A01



**EYES ON THE BALL:** Blake Russell, from Tamworth South Public School  
 130910G0A05



**CONCENTRATION:** Jye Bateman, from Tamworth South Public School. Photos: Geoff O'Neill  
 130910G0A02



**GALA DAY:** Rhyannon Jones, from Westdale Public School. 130910G0A03





**Macarthur Chronicle**  
**21-Sep-2010**  
 Page: 96  
 General News  
 By: Vera Bertola  
 Market: Sydney  
 Circulation: 76166  
 Type: Suburban  
 Size: 286.61 sq.cms  
 Frequency: -T-----

# Try a sport nets skills

**VERA BERTOLA**

THE Macarthur area's aspiring young tennis players took advantage of a "try a sport" tennis day at Wests Tennis Club, at Leumeah, recently.

The afternoon session was part of a new campaign designed to encourage parents to consider club sports for their children.

"Play for life ... join a sporting club", a state, territory and Commonwealth joint initiative, invited children and their parents to sample tennis.

It is hoped the sessions will encourage children to join sport-

ing clubs and, in the long-term, improve the health and wellbeing of primary school-aged children.

Australian Sports Commission CEO Matt Miller said an estimated one million children, or 37 per cent of children aged between 5 and 14, did not participate in any organised sport.

"Sport is a highly effective vehicle to drive improved health and other community outcomes," he said.

"The campaign aims to raise

awareness of how club sport not only contributes to the healthy growth and development of children, but also helps them develop valuable life skills such as co-operation, discipline, respect and tolerance."

Details: [ausport.gov.au/findaclub](http://ausport.gov.au/findaclub)



**LIFE SKILLS:** Watch children learn to play tennis in our picture gallery at [macarthurchronicle.com.au](http://macarthurchronicle.com.au)



**Tennis stars of tomorrow learn the ropes at Leumeah.** Pictures: IAN SVEGOVIC





**Lakes Times**  
**28-Oct-2010**  
 Page: 18  
 General News  
 Market: Shellharbour NSW  
 Circulation: 47000  
 Type: Regional  
 Size: 185.11 sq.cms  
 Frequency: --W----

## Inspiring young sportsfolk

AFTER becoming involved in tennis through a 'come and try day', Albion Park's Jerry Markoja is hoping to help young people find the sport for them.

Mr Markoja, who has spina bifida, is the 104th ranked wheelchair tennis player in the world and is part of the Australian Sports Commission's Active After-school Communities program.

"I became involved in tennis at a 'come and try day' and hopefully this program will be a way for kids to get

involved," Mr Markoja said.

"Sports like tennis can be expensive with lessons and equipment but hopefully with programs like this kids who wouldn't usually be able to give it a go will be able to."

Mr Markoja said he also hoped his involvement would highlight the difficulties faced by disabled children getting involved in sport.

"There isn't a lot of opportunity for disabled children to get involved in sport, which is one of the reasons I'm doing this," he

said. "Programs like this are great as they give everybody the opportunity to get involved."

The AASC program runs throughout school terms with children introduced to numerous sports.

"Throughout the term the kids are introduced to a range of sports, there's about 70 different sports and 20 other physical activities we showcase," AASC regional co-ordinator Tracey Morgensen said.



**Making a racket:** Jerry Markoja visited the Koonawarra Community Centre recently for the Australian Sports Commission to encourage school-aged children to take up tennis.  
**Picture: DYLAN ROBINSON**

## AASC Helps Post-Fire Community Rebuild

Sport is living up to its reputation for helping bind and build communities with the Active After-school Communities (AASC) program helping engage children and reinvigorate sports clubs in the bushfire-affected Victorian town of Kinglake.

The Kinglake Ranges Tennis Club has particularly benefited from the program with club President Craig Seckold saying since becoming involved with the AASC, the club had quadrupled membership.

Seckold said the February 2009 fires hit the club on multiple fronts: some members lost their lives, the clubrooms at the town's second tennis site were burnt beyond repair and membership numbers were hit when people needed to relocate away from the district due to the loss of their homes.

'It caused us great heartache,' he said. 'But the [club] committee vowed to rebuild the club and identified as a priority the need to encourage junior members to get involved.

He said a 16-year-old local named Michael Stott became a driving force behind the club campaign.

'Michael had expressed some interest in becoming a tennis coach and with the support of the club, Tennis Victoria and the AASC's Community Coach Training Program, he gained the necessary qualifications to start coaching,' Seckold said.

'Michael advertised and promoted AASC sessions extensively through the local primary schools and his very first session attracted 25 children from the Kinglake West Primary which was around 20 per cent of the school.

'There was a lot of fun and laughter in those sessions. It was important for a lot of these kids to engage socially in a manner that many of them had struggled with since the fires.'

Seckold said that immediately after the fires, the club had around 15 members. Now, there are more than 60, with many families becoming involved as a result of their children becoming interested in the sport through the AASC program.

'Quite a few are now seeking coaching from Michael on a regular basis,' Seckold said. 'And we now have junior teams competing in the local competition for the first time since the fires

'Michael has also run special club open days, mums & bubs programs as well as group and individual coaching. We can all see that the AASC program has been a major factor in his confidence, his skills and in the support he has received.'

Kinglake Ranges Tennis Club is one of 13 clubs across the country to have won a \$500 Hart sporting equipment voucher in a recent AASC competition for demonstrating how their club has benefited from working with the AASC program.

## **AASC Program a Big Hit with Milton Ulladulla Tennis Association**

When a tennis club has been around for 54 years, has close to 500 members ranging in age from 6 years to 86 years and has expanded its courts from 1 to 14, you might be forgiven for wondering what it could possibly hope to achieve by linking with the Active After-school Communities (AASC) program.

But for Milton Ulladulla District Tennis Association, the synergy with the AASC was obvious from the start and the potential to make the club even more sustainable was hard to resist.

‘Our association believes this program is of great importance to all children and helping introduce tennis to children at a young age,’ said Vicki Sydenham, the club’s junior development officer.

‘We were approached by the AASC in November 2009 to help with the MLC Tennis Hot Shots program by holding an afternoon at our centre,’ she said. ‘The children had such a great time we felt it was a terrific opportunity to encourage out of school hours (OOSH) programs to continue bringing the children to our centre each week. The children are now attending two days per week.’

Tennis Hot Shots is Tennis Australia’s beginner program for children aged between 5 and 12-years-old. The program uses modified court sizes and low compression balls and children progress through staged development.

Sydenham said the Hot Shots program, along with the club’s work with the local high school and primary school fitted well with the AASC’s structure and philosophy.

‘By combining our Hot Shots work with the AASC program we’ve been able to teach the basics of tennis to 60 children each week which has resulted in increased membership, greater participation in our Saturday Hot Shots program and some children even beginning lessons during the week,’ Sydenham said.

‘We’ve had a lot of parents of the children express an interest in the club and advise they were going to keep their children in tennis,’ she said. ‘We’re very happy to be working with the AASC to introduce tennis to as many young children in the region as possible.’

The club is also arranging to have a number of club members including the club coach attend the AASC’s Community Coach Training Program (CCTP).

Milton Ulladulla Tennis Association is one of 13 clubs across the country to have won a \$500 Hart sporting equipment voucher in a recent AASC competition for demonstrating how their club has benefited from working with the AASC program.

The club plans on using the voucher to buy equipment for the children including agility ladders, skipping ropes, vortex balls and reaction balls to help children build serving and reflex skills.



## Tennis takes off across NSW

Children across NSW are hitting plenty of winners this term with the introduction of the MLC Hotshots tennis program into AASC sports sessions. The program came about through a partnership between the AASC program and Tennis Australia.

More than 3000 children are taking part in AASC tennis sessions in NSW this term, all using the MLC Hotshots program. They each will receive an MLC Hotshots certificate for their participation.

In Ulladulla, south of Sydney, the Milton/Ulladulla District Tennis Association received a AASC special initiative grant to purchase MLC Hotshots equipment that included brightly-coloured compression balls and mini nets. Every week children from Milton Ulladulla Out of School Hours Care Service use the local Ulladulla Tennis Centre to try their hand at tennis, using the modified equipment during their AASC sports sessions.

Tennis association secretary Vicki Sydenham said 'It is great to see so many children each week come up to the tennis centre. Having been able to purchase the new Hotshots equipment kit makes the children's tennis experience even more enjoyable.'



*Milton/Ulladulla District Tennis association life member Doug Parker coaches AASC tennis for the after school care service.*



Internet and secure site – 5 Star Community Coach National Award winner and nominee profiles

[https://secure.ausport.gov.au/aasc/Information\\_for\\_Community\\_Coaches/community\\_coach/5\\_star\\_community\\_coach\\_2010](https://secure.ausport.gov.au/aasc/Information_for_Community_Coaches/community_coach/5_star_community_coach_2010)

### NSW - Mike Van Buskirk

In Central Sydney word has passed around that AASC tennis coach, Mike Van Buskirk's, sessions are the place to be to have fun and learn new skills.

Such has been the word of mouth response that new parents and families at Pyrmont Out of School Hours Care (OSHC) are now enrolling their children in the sessions.

And Mike has gone out of his way to make sure that the children have access to appropriate facilities.

Despite the fact that there are no tennis clubs in walking distance to the OSHC, Mike has organised for children to use the tennis courts at the nearby property development, Jackson's Landing, free of charge. Court hire at this development is normally \$40 an hour, but Mike negotiated with the development's body corporate, offering to give free tennis lessons over the Christmas holidays to the children who live at the development in exchange for free use of the courts during AASC time. More than 2500 people live at the property development.

AASC Central Sydney Regional Coordinator, Nicole Reece, said it was just one example of how Mike goes the extra step to introduce children to the sport for which he has such passion.

Mike has coached tennis players on six continents, over more than 20 years. He coached for many years in the Czech Republic as well as working in Trinidad, Barbados and Italy.

'Mike has now retired from his corporate position and is focusing solely on volunteering his time to the local community and tennis,' Nicole said.

'He provides free tennis balls to the site every couple of weeks and has also used Hotshots equipment, adding some ball collectors to turn the task of collecting balls into a game and making it more enjoyable for the children.

'True volunteers are rare anywhere, but especially in Central Sydney. I have found a brilliant one in Mike.'

Nicole said Mike is extremely focused on making sessions fun and age-appropriate for children. He runs separate sessions for younger and older children to make sure that both age groups are challenged and learning the right skills. As a result, skill development has skyrocketed over the past two years.

'Every kid who walks away from Mike's sessions have huge smiles on their faces and are busting to come back to tennis ASAP,' Nicole said.

'Mike has built strong relationships with all the children and this is evident when you see the kids at the end of the session asking when he'll be back and when they can play again.'

Mike recently received an award from the City of Sydney Council in recognition of his volunteer work.



#### **Katherine Scorches with Tennis Hotshots**

Late August saw the culmination of a lot of hard work, in planning the Katherine Term 3 campaign. A joint project between the Australian Sports Commission, Northern Territory Sport and Recreation, and Northern Territory Tennis. The joint venture consisted of three intensive days of tennis clinics held in local Katherine Primary Schools, during schools hours and in the after school time slot, with over 500 children being introduced to the excitement of hotshots tennis. With all children being invited to the gala day/hotshots sign on, held on Saturday morning at the Katherine Tennis club courts. A large contingent of children turned up to enjoy hours of Hotshots fun, with a good population of parents having a hit on the courts as well.

Seventy two percent of children were new to the courts, which ASC regional coordinator Glen Hussey, believing this to be the greatest success of the project.

Parents were not only involved through playing the game, but also helping the kids to score and with basic coaching.

The day finished with a barbecue and some tired but happy kids.

NT Tennis Development Officer, Jamie Stefanato ran the clinics at the schools and on the gala day and was essential in the success of this project. Katherine Tennis club not only received a boost of membership through the project but the addition of new modified hotshots equipment, thanks to the joint funding by the AASC and NT Sport and Recreation.

Thanks to Glen Hussey (AASC Regional Coordinator), Denise Kelly (NT Sport and Recreation) and Jamie Stefanato (Tennis NT) for their terrific work and great outcomes in such a small town.



*Tennis Hotshots at the Katherine Term 3 event*

### **Tennis Gala Day**

On Monday the 6 December, students from Condell Park PS, St Mary's Georges Hall, Christ the King Primary and St Felix Primary participated in the first tennis gala day at Deverall Park Tennis Centre in Condell Park.

Over 100 children participated in tennis skill development games, a 'round robin tournament' and 30 minutes of 'free play' where they could choose their opponent (children, parents, teachers, coaches or AASC regional coordinators!) and the court size (mini net or full court).

Two schools attended for two hours each – the schools geographically closest to the centre, Condell Park PS and St Mary's Georges Hall attended the morning session. St Felix Primary and Christ the King primary finished their Term 4 AASC tennis program during the afternoon visit.

Canterbury-Bankstown Tennis Association and Indeeep Tennis provided courts for the day and information on summer holiday camps.

The 100 plus children, teachers and parents who participated in the day had a fantastic time and for most, it was their first time to the centre and on a tennis court. The format of the day ensured that everyone had maximum time on court, with some of the children telling us during the day 'I'm going to play tennis here from now on!'

A big thank you to Matt Starr, Community Tennis Officer with Tennis NSW, for providing equipment and his coaching services on the day.



*The tennis day started with skill development games.*



*The mini nets get some use.*



*St Felix primary students playing doubles on a full court.*

### **NATIONAL CAMPAIGN URGES KIDS TO JOIN A CLUB**

#### **Kids 'play for life' at Northern Districts event**

Local primary school children from the Northern Districts tried their hand at a host of tennis specific activities at our recent 'play for life' tennis gala day at Pennant Hills Tennis Centre on 25 September, 2010.

The gala day formed part of a national campaign *Play for life...join a sporting club* aimed at encouraging primary school-aged children to take up club sport. Campaign ambassador, former Australian swimmer and television personality Johanna Griggs, made an appearance on the day along with local Federal MPs Mr John Alexander (Bennelong) and Mr Philip Ruddock (Berowra). Our guests spoke about how Australia's children and parents should get involved in sport.

The gala day was made possible with the support of our local Eastwood Thornleigh District Tennis Association. We extend our gratitude and appreciation to Dave Cochrane and his team for their professionalism and expertise.

The *Play for life...join a sporting club* was a joint initiative between the Australian Sports Commission and state and territory departments of sport and recreation and Communities NSW. The campaign reflected the importance of physical activity for the healthy growth and development of our children. Our Northern Districts 'play for life' tennis gala day supported the campaign, and our children, at a local level!



*Johanna has a hit with the kids.*



### NATIONAL CAMPAIGN URGES KIDS TO JOIN A CLUB

#### Kids 'Join a Club' from Toowoomba Come and Try Day

Over 60 local primary school children from Toowoomba schools tried their hand at a host of new sports at a 'Join a Club' Come and Try Day held recently at the University of Southern Queensland.

Tennis, Cricket, Touch Football, Athletics, Basketball, Badminton and Tenpin Bowling were in full swing at the 'Join a Club' Come and Try Day.

The event which was run in partnership with Toowoomba PCYC and the Energise Program was made possible with the support of our local sporting clubs. Coaches came from the following local clubs and organisations to run fun games based around their sports:

- |                                       |                      |
|---------------------------------------|----------------------|
| - Western Districts Cricket Club      | - SWQ Touch Football |
| - Toowoomba Sth Little Athletics Club | - Tennis Queensland  |
| - Toowoomba Basketball Association    | - Badminton QLD      |
| - Tenpin Bowling Queensland           | - USQ Student Guild  |

Following the event local clubs have received numerous enquiries from parents regarding their child joining the club. Richard Toye, Regional Development Officer for Tennis QLD reports that these enquiries have already led to a number of new player registrations.

The 'Join a Club' Come and Try Day was a lead in to the national campaign *Play for life...Join a Sporting Club* aimed at encouraging primary school-aged children to take up club sport. It is a joint initiative between the Australian Sports Commission and the state and territory departments of sport and recreation. For more information, or to find sporting clubs near you, visit [ausport.gov.au/findaclub](http://ausport.gov.au/findaclub)



Stephen Murphy and Katrina Hollibone from Tennis QLD promoted their sport at the 'Join a Club' Come and Try Day.

## PLAYING IN THE PILBARA

AASC sites within the Pilbara were given the opportunity to participate in a number of sporting activities and events over the course of Semester 2, 2010.

With support and coordination through the AASC program, sites among the Pilbara had the opportunity to participate in AASC sessions and community visits from Tennis West WA and The Western Flames/Softball WA.

A Tennis Roadshow was conducted in Port and South Hedland from September 15 – 17 2010 with the Community Tennis Officer, Paul Oldfield. Almost 200 AASC children participated in the Junior Coaching clinics over the course of three days.

The sessions were based on the National grassroots program model, MLC Tennis Hot Shots – which is also implemented in AASC sites nationally. The program which uses modified court sizes, smaller racquets and low compression balls enables children to develop their tennis skills in an inclusive environment.

Following the visit from Tennis West, Softball WA's State Representative team, the Western Flames provided opportunities for AASC sites and communities to participate in junior softball workshops and clinics as well as the opportunity to see the Flames in action at an Exhibition Match between the Western Flames and Port Hedland on Friday September 17.

Again almost 200 AASC children had the opportunity to be involved in sessions with elite sportspeople in their local environment. One of the major successes of the Port Hedland visit in 2010, was the Remote Community visit to the Warralong Community. Over 50 community members attended an informal player clinic and match which was in some cases a life changing experience not only for the community and children but also the Western Flames players.

Player Leigh Godfrey returned from the trip saying that "I had a fantastic time in Port Hedland, so many great experiences and memories that I will never forget. The indigenous community was the highlight of my trip seeing all those kids smiling faces and willingness to give everything we asked a go, was not only inspiring but a memory I will never forget."

During the visit to Port Hedland and surrounds, Tennis West and The Western Flames extended invitations to the community and schools to attend **free** Community Exhibition Matches, Children's community clinics, Junior and Adult Coaching workshops.

In summary, Western Flames player Ash Medwin said that "the weekend in Port Hedland was a weekend of realisations. Realising the opportunities we have, the people and communities we represent and the fun that can be had playing the game".

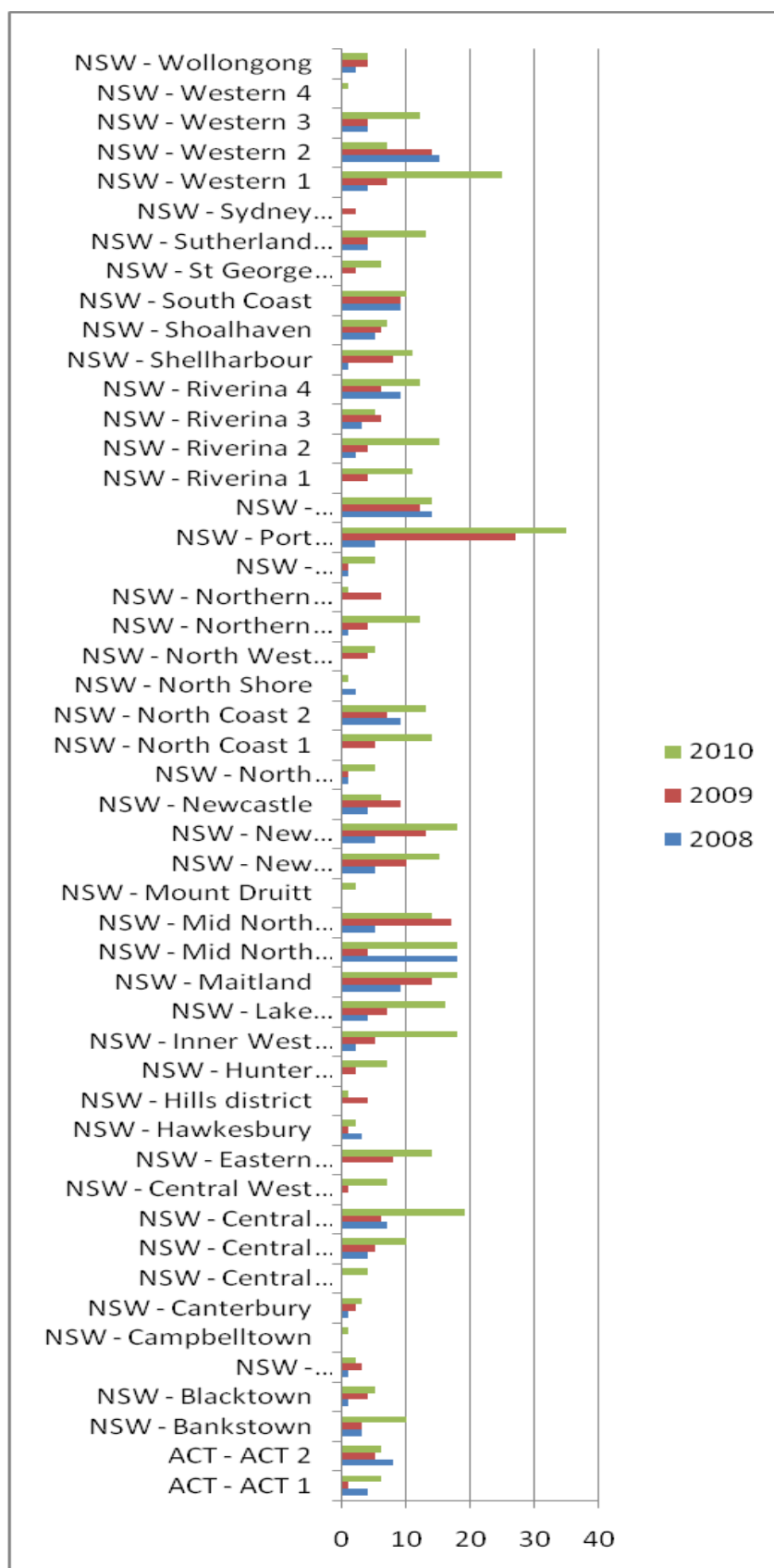
Along with the continued support and effort by local volunteers who work tirelessly to ensure there are opportunities for children and the community to participate in sport, these sessions and workshops are aimed at exposing regional and remote communities to their sport and assist with resources in order to ensure sustainability of the sport.

Without further support and assistance from The Department of Sport and Recreation WA, Healthway, The Town of Port Hedland and volunteers from the local Port Hedland Softball Association and Port Hedland Tennis Club these opportunities would not arise.

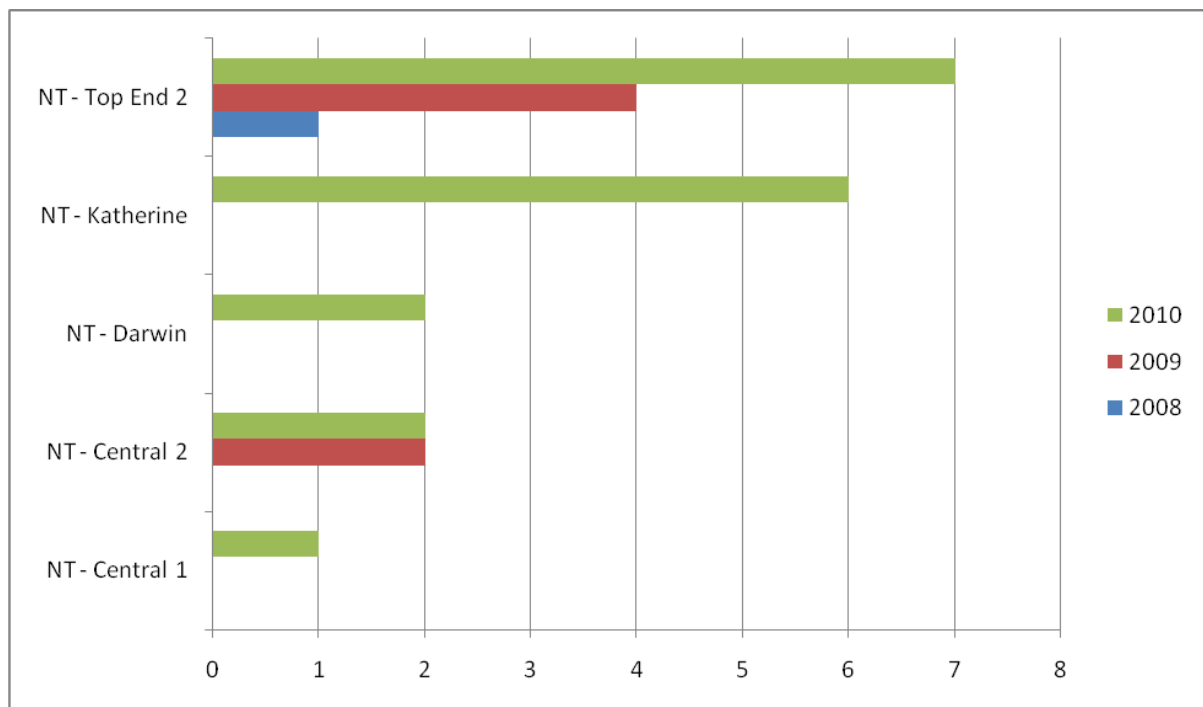


## APPENDIX D — REGIONAL BREAKDOWN OF TENNIS PROGRAMS FROM 2008–2010

Australian Capital Territory and New South Wales

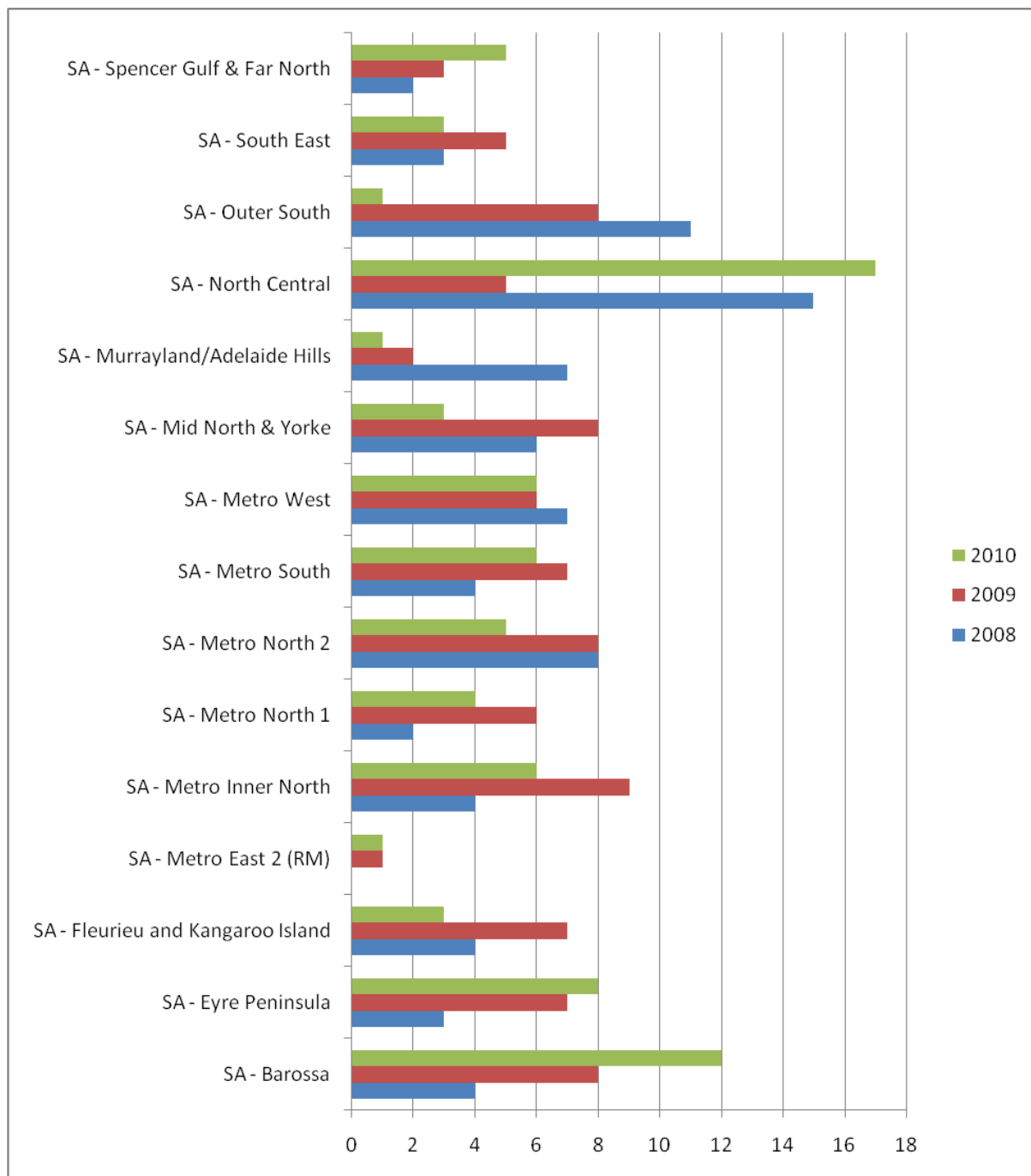


## Northern Territory

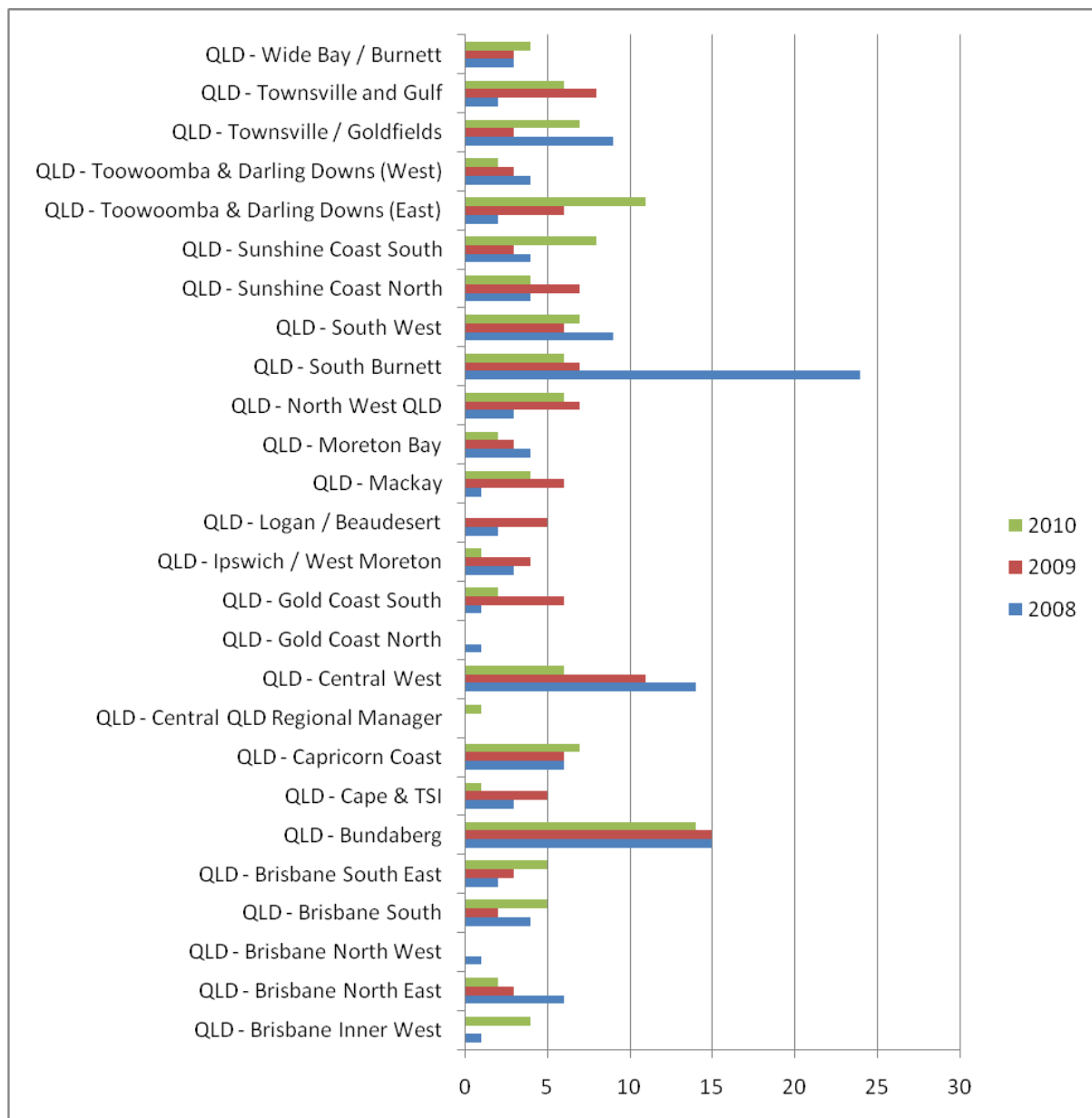




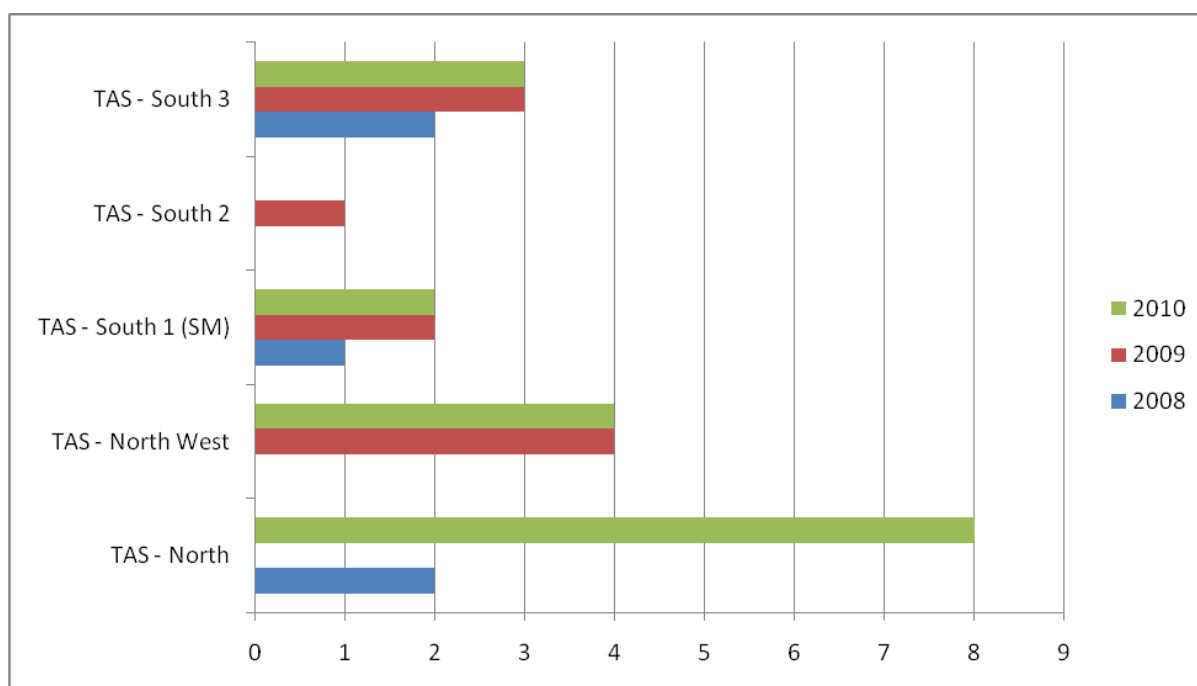
## South Australia



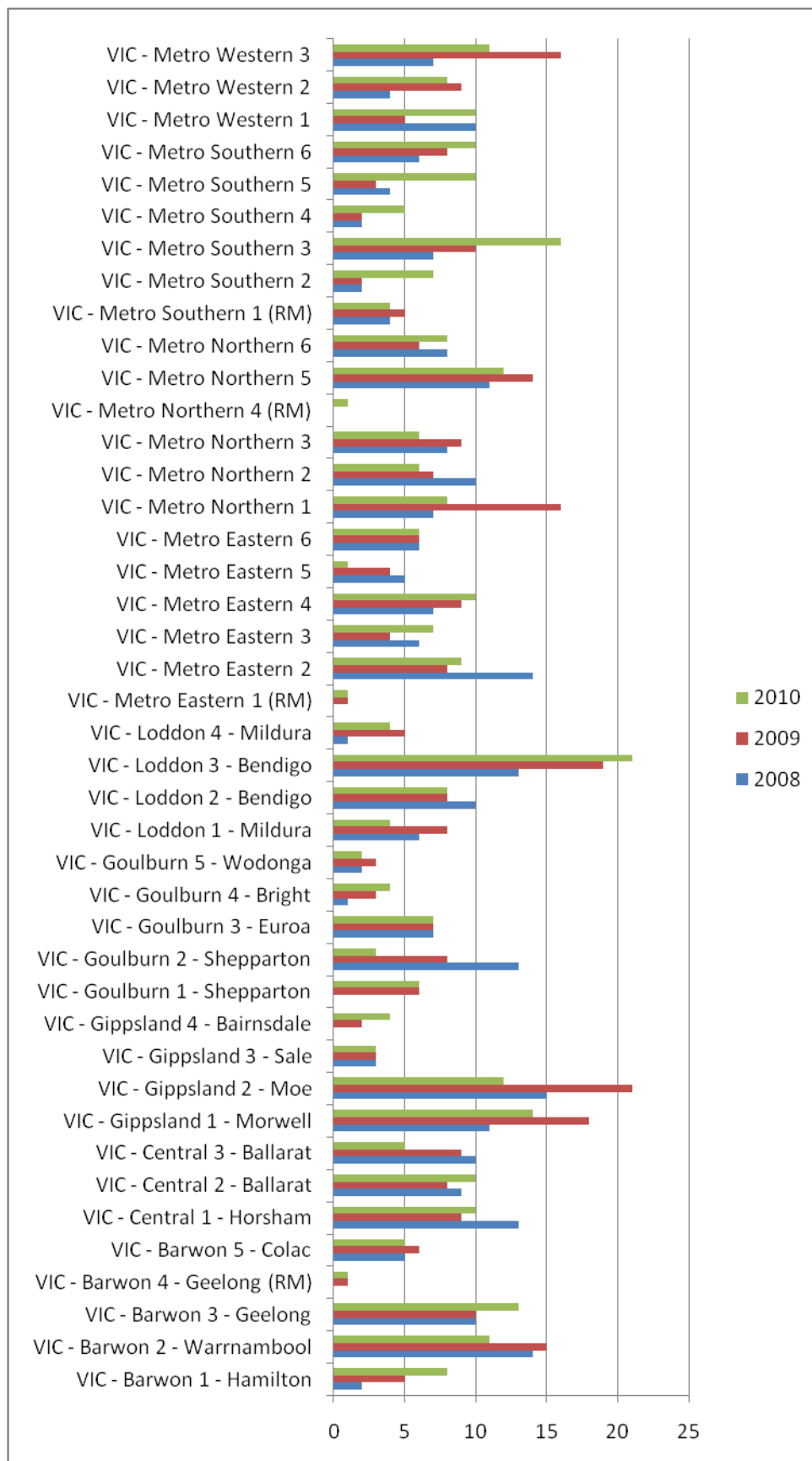
## Queensland



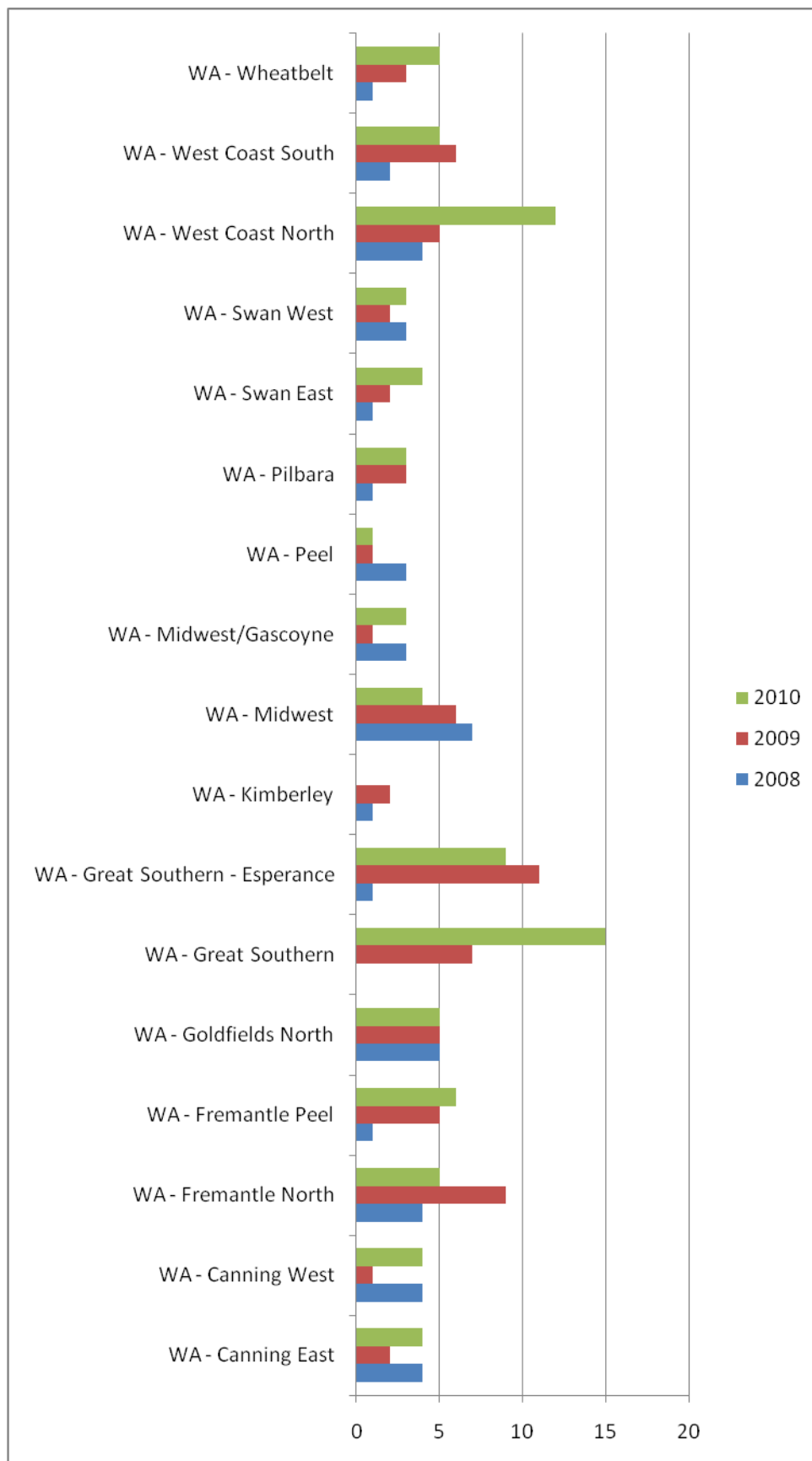
## Tasmania



## Victoria



## Western Australia



## SUMMARY

I hope you have found this report informative and interesting. We value your participation in the AASC program and would like to further develop our association to help you develop your sport. We encourage you to continue to consider the AASC program as an ideal opportunity to create an awareness of and engagement in your sport, and to promote participation and/or membership in specific regions.

We welcome you to contact the AASC National Office (through my contact details below) to learn further information about the program, to discuss opportunities for ongoing collaboration, or to find local contacts within our national Regional Coordinator network.

Kind Regards,

A handwritten signature in black ink, appearing to read 'Kitty Chiller', with a stylized, flowing script.

Kitty Chiller

Deputy General Manager  
Active After-school Communities  
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